

# Improve your health Take things in stride more often

**Walking and in-line skating** are healthier ways to travel for both you and the air.

To stay healthy, doctors recommend exercising at least 30 minutes each day, or even just three times a week. It's easier to fit exercise into a busy schedule when you make it part of your daily routine. Instead of driving to work, the store or the bank, try walking or in-line skating. You'll get more exercise and help reduce traffic congestion and pollution. That should make you really feel great. So keep it up because—



*It all adds up to cleaner air*